

TALBOT COUNTY HEALTH DEPARTMENT

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PLEASE READ BEFORE TAKING BLOOD PRESSURE

What should our blood pressure be?

- A healthy blood pressure reading should be lower than 120/80 mmHg.
- A blood pressure of 140/90 mmHg or higher indicates high blood pressure.

If your first number is between 120 – 139, OR the second number is between 80 – 90 you should find ways to lower your blood pressure or keep it from rising:

- Lose weight if overweight
- Drink less caffeine (coffee, tea, soda, etc.)
- Stop smoking-*contact us for FREE help!*
- Eat less salt
- Drink less alcohol
- Exercise-*even just a 30 minute walk a day*

Blood pressure can vary even when measured by precise methods. If you get a reading that is high, you should always wait 15 to 30 minutes and take it again to see if it is still high.

MYTH:

It's a common belief that if you have high blood pressure, also known as HBP or hypertension, you will have symptoms such as:

- Nervousness
- Sweating
- facial flushing
- difficulty sleeping

FACT:

- The truth is that HBP is largely a symptomless condition.
- If you ignore your blood pressure because you think symptoms will alert you to the problem, you are taking a dangerous chance with your life.
- **High Blood pressure is often called the “silent killer.”**
 - Only when blood pressure readings soar to dangerously high levels (first number 180 or higher OR second number 110 or higher) may obvious symptoms occur.
 - Blood pressure this high is known as **hypertensive crisis** and emergency medical treatment is needed.

For more details about high blood pressure and how to prevent and manage it, visit our website at <http://www.talbothealth.org>

WHAT SHOULD YOU DO IF YOUR BLOOD PRESSURE READING REMAINS 140/90 OR HIGHER AFTER RECHECKING TWO OR MORE TIMES?

Be Mindful!	140 to 159 <hr/> 90 to 99	<ul style="list-style-type: none"> • This is considered high blood pressure • You should make an appointment with your primary care provider and discuss your blood pressure; While this level is not considered an emergency, it is important not to put off making an appointment
Watch Out!	160 - 179 <hr/> 100 - 109	<ul style="list-style-type: none"> • Take the time to check your blood pressure 2 or 3 times • Make sure the cuff is on correctly • If your blood pressure remains at this level after rechecking, call your physician and make an appointment as soon as possible. When you make the appointment, give them your blood pressure reading. • While you are waiting for your appointment, take your blood pressure again on another day at a different time of the day. Don't drink caffeinated beverages or smoke before taking your blood pressure again. • If you would like to have a nurse check your blood pressure, call the health department and ask for Laura Frase.
Check it Out!	180 or higher <hr/> 110 or higher <u>Considered an emergency!</u>	<ul style="list-style-type: none"> • Wait 15 minutes and check your pressure again to make sure you have taken it correctly. • If your blood pressure remains at this level, you should be seen immediately. • If you want to have a nurse take your blood pressure, come immediately to the health department and ask for Laura Frase. • If your blood pressure is still in this range, we will refer you immediately to your private physician and even call to arrange an appointment the same day.